

# HUI CHUN QI GONG

## BACK TO SPRING

- Stand upright
- Feet parallel, shoulder wide
- relaxed and calm
- Tongue on the palate
- Bai Hui to sky
- eyes half closed, or blurred
- Chin is slightly pulled back
- shoulders relaxed, heavy
- Chest is sinked, Shang Zhong released
- elbows heavy
- hands in mudra, touching the outer lower Dan Tian
- Ming Men & Hip is released
- weight is on the Yong Quan points
- Circle the Qi in Dan Tian in 6 Directions

- The whole body is relaxed and calm in motion
- with every 'sink' we exhale and relax more
- with every inhale keep relaxation
- with every repeat coordinate upper body with lower body, arms with legs, shoulders with hip
- Ming Men fills with 'Peng' while sinking
- Clouds carrying our Arms to the sky while rising
- Palms pressing into water while lowering
- Cosmic Energy is flowing throughout whole Body during motion

- Palms facing Earth
- Arms slightly bended
- Fingertips facing the direction between Horizon & each other
- Elbows heavy pulling the whole Body into the Earth
- Chest totally relaxed
- 3 Inner Sights with every exhale:
  - 1) Eyes are looking towards nose
  - 2) Nose looks towards Mouth
  - 3) Mouth looks towards Heart
- With every exhale only 1 Look

### 4 Main Principles of Breathing

- 1) The Breath goes slowly
- 2) The Breath goes quietly
- 3) The Breath goes deep
- 4) The Breath goes steady

- 1) Yi Shou Dan Tian **Mind sinks into the Dan Tian**
- 2) Bao Yuan Shou Yi **Embrace Eternity, keep the ONEness**
- 3) Zhuan Dan Tian **Circle the Dan Tian**
- 4) Hun Yuan Yi Qi **The Cosmic Circle flows together**
- 5) Wu Ji Zhuang **Pillar of Polelessness**
- 6) Qian Kun Ban Yun **Transform Heaven and Earth**
- 7) Hun Yuan Zhuang **Pillar of the Cosmic Circle**
- 8) Bao Ta Ji **Embrace the Tai Ji**
- 9) Shou Gong **The Closing**

- Hands change into next Mudra
- All limbs in same position
- Breath goes now through Dan Tian to the Palms
- Dan Tian Light is seen when inhale
- Lao Gong Light is seen same time
- Feeling of 'dissolving'
- Dissolving without losing the ONEness

- Begin to move slightly with ur whole body connected to ur Palms facing the lower Dan Tian and circling vertically 9 times anti clock wise & 9 times clock wise, slowly and calm
- Release your shoulders always while your Palms sink and keep them released when Palm rise with the vertical Circle

- Embracing and holding an imaginary big Ball of Qi
- Palms facing Shang Zhong Xue
- Peng Energy in the Arms, the Back, the Legs & the Ming Men
- Elbows little lower than the Shoulders & Wrists
- Chest is relaxed and sinked inside-down
- Qi Flows to the Dan Tian
- Shoulders & Elbows heavy, relaxed, pulling the rest of the body to the downwards to Earth